

14 MAR 03

# MWR NEWSBULLETIN

## Port of York



Mon - Fri 0700 - 0800

1115 - 1245

1730 - 2000

Saturday Closed

Sunday 1000 - 1400 (Brunch)

The Port of York offers a \$6.00 lunch buffet Mon-Fri. Buffet items include a Soup, Salad, and Sandwich Bar, two main entrees, assorted desserts and beverages.

Sunday's Brunch includes breakfast items and three main meal entrees. For more information contact the Port of York @ 856-2286.

## Prime Rib Night



Port of York

**21 MAR 03**  
**\$10.95 Per Person**

Reservations are recommended. To make a reservation call Barbara Roach at 856-2286.

## Morale, Well-Being, & Recreation



The Coast Guard Morale, Well-Being, and Recreation program plays a vital role in support of mission readiness and retention of not only our military members but also the entire Coast Guard family.

For more information on MWR activities visit the website @ [www.uscg.mil/tcyorktown/support/mwr/](http://www.uscg.mil/tcyorktown/support/mwr/).

## Gym & Pool Complex

### GYM

Mon-Fri	0600-2130
Sat	0800-2130
Sun	1000-2130
Holidays	1200-2130

### LAP SWIM (Only)

Mon-Fri	0600-0730
	1130-1300
	1630-1930

### OPEN SWIM

Mon-Fri	1930-2100
Sat-Sun	1200-2100

The pool is closed on holidays. For more information contact the gym/pool @ 856-2128.

## Movie Schedule



### 16 MAR - EXTREME OPS 13 93 min

Rufus Sewell & Bridgette Wilson  
Three extreme sports enthusiasts travel to the Austrian Alps near the Yugoslav border to film a TV commercial of them attempting to out-race an avalanche. What they don't know is that they are filming near the hideout of a Serbian war criminal.

### 18 MAR - 8 MILE R 111 min

Eminem & Kim Baysinger  
A young rapper from Detroit, who uses music to struggle with his anger, finds that he can use the hate in his heart to transcend his meager beginnings and eventually attain super-duper, megastar success.

### 20 MAR - RED DRAGON R 125 min

Anthony Hopkins & Edward Norton  
An FBI profiler, famous for his capture of serial killer Hannibal, "The Cannibal", is brought out of retirement to help in the investigation of a series of gruesome murders.

**\* FREE ADMISSION \***

**FEATURE PRESENTATION  
BEGINS @ 1830  
WASHINGTON AUDITORIUM  
REFRESHMENTS SOLD @ DOOR**

The movie schedule is published on  
the MWR website @  
[www.uscg.mil/tcyorktown/support/mwr/](http://www.uscg.mil/tcyorktown/support/mwr/).

## Dart Tournament



**Liberty Lounge II**  
**20 MAR 03**  
**1730**

The second dart tournament is scheduled for Thursday, 20 MAR 03 at the Liberty Lounge II. The tournament will begin at 1730. This is a Cricket, best 2 out of 3 games, and single elimination tournament. There will be prizes for the top three participants.

Registration for the tournament is at the Liberty Lounge II. For more information, contact the Liberty Lounge II @ 856-2325.

## Cyber Café



**Open Daily 0700 - 2200**

The cost for computer time is \$3.50 per hour or \$3.00 for 5 or more hours. Located on the rec deck in Steuben Hall. We now offer assorted pastries (bagels, muffins, Danish), candy, ice

cream, and assorted hot & cold beverages.

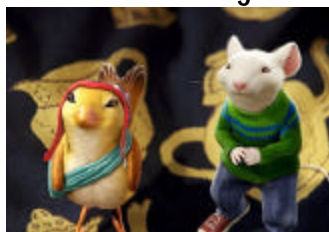
For more information contact the  
Cyber Café @ 856-2850.

## Children's Easter Egg Hunt - Lunch & Movie

**Children 12 & Under Sat,**  
**12 APR 03**  
**1100 - 1400**

**Rain or Shine**  
**1100 - 1145 Lunch**  
**1200 - Egg Hunt**  
**1230 - Movie**

**Presenting**



## "Stuart Little 2"

**Registration is required at the  
MWR Administration office  
from 17 MAR - 04 APR.**

Ages 13 & Above \$2.00 each payable on day of event. Pictures with Easter Bunny \$1.00 per picture. This event is open to dependents of U.S. Coast Guard TRACEN Yorktown Permanent Party Military & Civilian Federal Employees.

## Liberty Lounge II

Mon - Fri 1100 - 1245  
Mon - Sun 1630 - 2330

LLII serves lunch from 1100 - 1245. Menu items include a variety of sandwiches, hot & cold, as well as fries, chips and assorted beverages (no alcohol) are sold during lunch hour. The menu during evening hours includes buffalo wings, nachos, poppers, onion rings, pizza and alcoholic beverages.

The LLII has six televisions, one is a BIG SCREEN, jukebox, pool table, foosball table, pinball machine and we have NTN Trivia available during lunch and evening hours. For more information contact the Liberty Lounge II @ 856-2325.

## Ticket Sales

**MON - FRI 1000 - 1600**



**\*New in 2003\***

**R.L. Stine's Haunted Lighthouse is a  
new 4-D film experience debuting at  
Busch Gardens .**

[www.buschgardens.com](http://www.buschgardens.com)

## Busch Gardens Early Bird Special Day Tickets (Valid

22 MAR - 11 MAY)

Ages 3 - Adult \$31.00

## Busch Gardens 2 Day Bounce

Ages 3 - Adult \$59.00

**Must have a Military or Dependents  
ID to purchase Season Passes.  
Price Increase on 01 MAY 03.**

Ages 3 - Adult

**2003 Busch Gardens "Silver" \$71.00**

**2003 Water Country "Silver" \$71.00**

**2003 2-Park Combo "Gold" \$93.00**

## **VA Air & Space Museum + 1 IMAX Film (Doesn't apply to special features.)**

Ages 12 - Adult \$ 7.00

Child Ages 3 - 11 \$ 5.50

[www.vasc.org](http://www.vasc.org)

## Jamestown & Yorktown Combo

Ages 7 - Adult \$14.50 Child

Ages 6 - 12 \$ 7.00

[www.historyisfun.org](http://www.historyisfun.org)

For more information call the MWR Administration office @ 856-2009 or 856-2312 or the website @ [www.uscg.mil/tcyorktown/support/mwr/](http://www.uscg.mil/tcyorktown/support/mwr/).

## CG Dining Facility



Mon - Fri 0630 - 0730

1100 - 1230

1630 - 1800

Weekends 0700 - 0900

& Holidays 1100 - 1230

1630 - 1800

The Coast Guard Dining Facility (CGDF) offers hot and cold breakfast items, fresh fruit, a variety of concentrated juices and other assorted beverages. Our lunch and dinner menu offers hot meals, a variety of sandwiches, hot & cold, as well as fries, onion rings, full salad bar, assorted beverages and assorted desserts.

For more information contact the dining facility @ 856-2728.

## Massage Therapy



### Sessions

Thursday's

1130 - 1230

A licensed practitioner will give massage therapy sessions on Thursdays. The chair massages will be similar to those given in airports and at sporting events. They will be given in 15-minute sessions:

- 1130 - 1145
- 1145 - 1200
- 1200 - 1215
- 1215 - 1230

Sign-up sheets will be located at the gym watch station or you can call the gym watch station to make a reservation @ 856-2128.

## Hobby Shop & Outdoor Recreation

Mon - Fri 0900 - 2030

Sat & Sun 0900 - 1700

Closed on Holidays

Outdoor Recreation is a multifaceted program. It includes the following: Campground Facilities, Camping Rentals, Boating Rentals, Garden and miscellaneous equipment rentals. The detailed information can be found on the MWR website under Auto Hobby Shop.

The Auto Hobby Shop facility has three lift bays, tire changer, tire balancer, parts cleaner, engine and transmission hoist, used oil and transmission fluid disposal, bearing press, engine analyzer and much more.

Customers are allowed usage of equipment and facilities on a first come-first served basis. The car wash is open again. The price is \$2.50. Contact the AHS/ODR @ 856-2279 or the website @ [www.uscg.mil/tcyorktown/support/mwr/](http://www.uscg.mil/tcyorktown/support/mwr/).

## Gym Class Schedules

Yoga & Kickboxing



Tuesday & Thursday

Yoga 1645 - 1730

Kickboxing 1745 - 1845

### Aerobics

Monday, Tuesday & Wednesday

1145 - 1245

For more information on classes, contact Katherine Long, Sports Office, @ 856-2226.

## Okinawa Kenpo Karate Class



Sensei Joseph Myers  
Sempai Keri Myers

CWO Joseph Myers (Sensei) and his daughter Keri Myers (Sempai) are the instructors of the Okinawa Kenpo Karate class.

The Okinawa Kenpo Karate Classes are "**FREE**" and conducted on the following evenings:

Monday & Wednesday  
1800 - 1900

All authorized MWR patrons are eligible to attend the classes. Dependents ages 7-15 may attend the classes, but must be accompanied by an adult. For more information on the classes contact Katherine Long, Sports Director, @ 856-2226 or CWO Joseph Myers @ 856-2709.

## Spinning With Sambrano

MWR has purchased 10 bike trainers for lunchtime spinning classes. Join AMT2 Ben Sambrano as he takes you through a fat-burning, aerobic-sweat-dripping workout. You will need to



bring the following: Your bicycle (road or mountain), a towel and water bottle.

Classes are held on Fridays from 1145-1230. Please arrive 15 minutes prior for bike set-up. Sign up sheet for the class will be available at the gym watch station. For more information contact AMT2 Ben Sambrano at 856-2279.



Discover a world of resort vacations. Through the AFVC space available program, eligible personnel pay only \$249 a week to rent a condo at nationwide or worldwide accommodations. AFVC vacation destinations and travel times are subject to availability. Peak summer weeks may not be available.

Eligibility requirements:

- 21 or older
- Member of Uniformed Services Active Duty or an Adult Dependent
- Reservists
- Retired Service Member or an Adult Dependent
- Civil Service & NAF Employees

Upon booking a reservation you will be asked to give the AFVC Acct# 7033-00000 and the TRACEN MWR SAV# 240.

Call the reservation center at 1-800-724-9988 to speak to an RCI rep. Visit the AFVC website @ [www.afvclub.com](http://www.afvclub.com) for more information on resorts and available dates.

### **“Service To Those Who Have Served Their Country”**



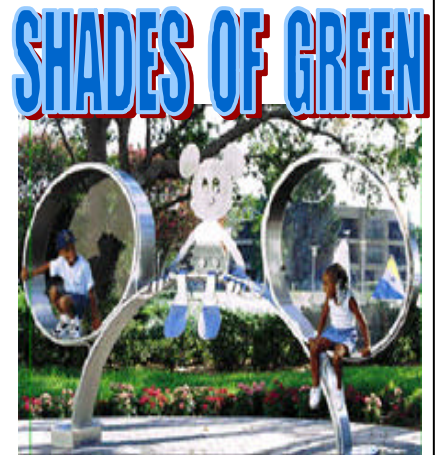
#### **THE HOTEL IN NEW YORK CITY EXCLUSIVELY FOR MEMBERS OF THE ARMED FORCES, RETIREES AND VETERANS**

The Soldiers', Sailors', Marines' & Airmen's Club was founded in 1919. Its mission is to promote the general welfare of Servicemen and Servicewomen and to maintain clubhouses and/or other facilities.

They are dedicated to support the Air Force, Army, Coast Guard, Marine Corps, Merchant Marine and Navy personnel and their dependents. Since 1919 they have provided accommodations for over 2,500,000 eligible guests and their families.

They operate the club as a hotel in historic Murray Hill in mid-town Manhattan. The rates are \$25 to \$40 per night, depending on rank and the category you fall under.

For more detailed information on SSMAC or to make a reservation call 1-800-678-8443 or visit the website @ [www.ssmacclub.org](http://www.ssmacclub.org).



Shades of Green is not like any other Armed Forces Recreation Center. It is operated by the Army and located in Orlando, FL. Guest services are available to purchase tickets. There is free transportation to all Walt Disney World Resort attractions.

The hotel is temporarily closed until September 2003. **However, during the upcoming closure arrangements have been made by the Shades of Green for eligible personnel to get the same room rates at other Disney hotels.**

Eligible personnel include active duty, reservists, retirees, civil service employees and their families. Room rates are based

on rank; the lower the rank, the less the cost.

For more information and to make a reservation visit the website @ [www.shadesofgreen.org](http://www.shadesofgreen.org) or call (407) 824-3600 or toll free (888) 593-2242, option # 4. The reservation desk will ask for the following information:  
Acct# 7033-00000 and the TRACEN MWR SAV# 240.